



Welcome to your Discovery Box

Here you will find an array of exciting activities and fun facts to prepare you for your next unit of study.

Within this box you will find:

- fun facts and information
- craft activities
- puzzles and games
- a recommendation of books to look for in the library

We hope you find these activities engaging and entertaining, but most of all that they make you **curious** to learn more.

Build your own Roman catapult

Can you build your own Roman catapult at home?

Follow the instructions below. Once you have made your catapult, you should predict how far the pompom will travel and also experiment with using different amounts of pressure to see what difference it makes to how far the pompom travels.

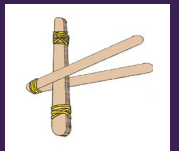
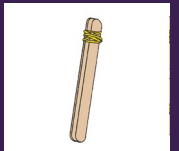
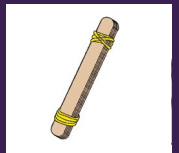
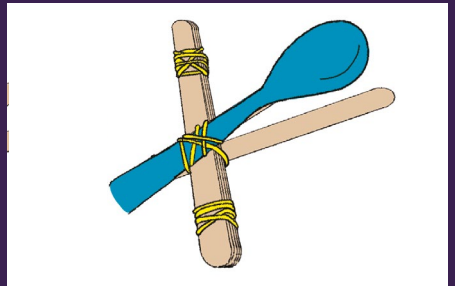
Materials needed:

- Plastic or wooden spoon
- 7 sticks
- 8 elastic bands
- Pompom

Instructions

To make your catapult:

1. Take five of your sticks, stack them up, and tie an elastic band around each end of the stack to secure them in place.
2. Take the other two sticks, stack them up, and tie an elastic band around one end of the stack, not both.
3. Open up the sticks (so that they are like the mouth of a crocodile) and slide the stack of five sticks in between.
4. One of your sticks should be pointing up at an angle and the other lying flat, as a base.
5. Secure the two stacks together using two elastic bands and tying them across to make an 'X'.
6. Lie the spoon on top of the top stick (as you can see in the large picture above) and secure it in place with two elastic bands—again make an 'X'.
7. Lie the pompom in the spoon.
8. Point your catapult into an empty space and press down on the bowl part of the spoon.
9. Predict how far your pompom will travel.
10. Fire!
11. Share a picture of your Roman catapult using the tag #ACPDDiscoveryBox.





What did people believe about the beginning of Rome?

In Roman mythology, Romulus and Remus are twin brothers who founded the city of Rome.

Romulus and Remus were sentenced to death by King Amulius because their mother had disobeyed him. He ordered a servant to throw the twins into the River Tiber but the servant took pity on them, placed them in a basket and sent them down the river. The river god, Tibernes, carried them to safety by calming the river and making sure that their basket was caught on the roots of a nearby fig tree.



The twins were found by a she-wolf who looked after them and fed them her milk until they were discovered by a shepherd and his wife. The two boys grew up to be shepherds too and one day they met the shepherds of King Amulius. A fight broke out and Remus was taken to stand before the king.

The king did not recognise Remus, and Romulus rescued his brother. However, the king was killed. They left the city and went looking for a place to create a city of their own. They argued about which place would be best until eventually Romulus began to dig trenches around the hill he had found—Palatine Hill.

Remus began to make fun of Romulus and Romulus was so angry that he killed his twin brother! It was the year 753^{BC} and Romulus had founded his own city. He named it Roma after himself and from that day, the city grew.

Can you solve this word search?



ATREBATES
BARRACKS
BRITANNIA
CATUVELLAUNI
CENTURY
CONQUER
DECLINE

EMPEROR
EMPIRE
FORT
GALLIA
ICENI
INVADE
LEGION

LEGIONARY
REBEL
ROMANS
ROME
SAXONS
TRIBE

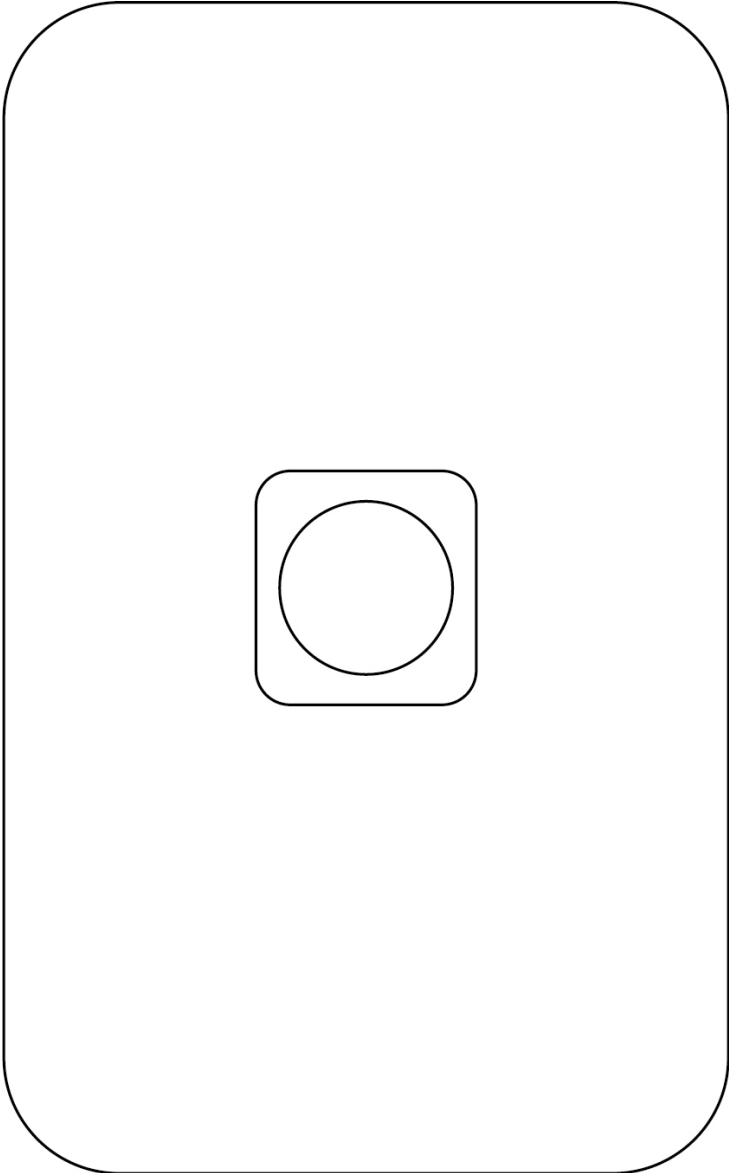
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Julius Caesar was the first Roman to try to invade Britain. What can you find out about him?



Discovery**Box**

Design your own Roman shield



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Have you ever wondered what a Roman would have eaten? Well, Romans used honey in a lot of their cooking and one of the most famous recipes that have survived from Roman times is this one for honey cake.

Roman Honey Cake

Time: 1 hour
(including 40 mins baking)

Ingredients:

3 eggs
200g clear, runny honey
50g spelt flour or plain flour

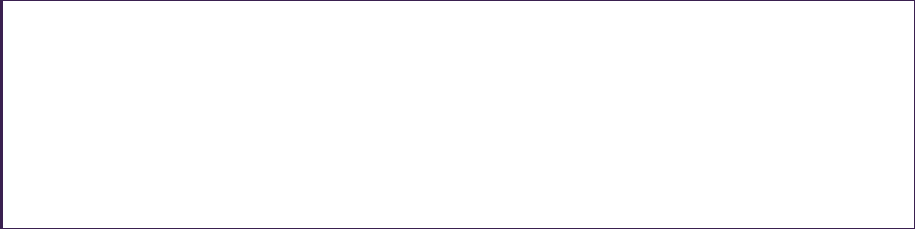


Method:

1. Preheat the oven to 170°C, 330°F or gas mark 3. If you have a fan oven, turn off the fan if possible or turn the heat down to 160°C.
2. Grease one or two baking tins—either two approximately 17cm circular tins or one rectangular tin approximately 20 x 22cm.
3. Break the eggs into a bowl and beat them hard and well until they are getting stiff, creating lots of air bubbles.
4. Gradually beat in the honey.
5. Gently fold in the sifted flour.
6. Pour the mixture into the prepared tin(s).
7. Cook in the oven for 40 to 50 minutes.
8. Take the cake out and turn it onto a wire tray to cool.
9. Pour a little more honey on top of your cake.
10. Enjoy!

Who was Boudicca?

Use the internet and books to research this individual.



Recommended reading



The Orchard Book of Roman Myths by Geraldine McCaughrean and Emma Chichester Clark

Meet the Ancient Romans by James Davies

Avoid Being a Roman Soldier by David Stewart and David Antram

Julius Caesar by Rachel Firth and Stephen Parkhouse

Roman Invasion (My Story) by Jim Eldridge

Empire's End—A Roman Story by Leila Rasheed

